

Happy Fourth Birthday!!

The Paseo Club is having it's fourth year Birthday on November 18th! We have been open for business and providing superior service for almost half of a decade already... Time goes fast and with time passing, a new chapter of The Paseo Club is upon us. Last month we had groundbreaking and although we have had a few delays we will be starting shortly.

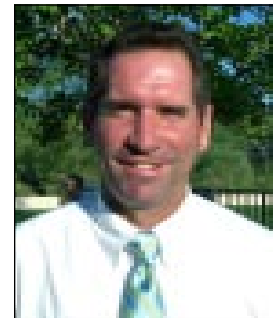
Our new and improved club will be the "jewel" of Santa Clarita and with the new amenities

we will be offering new programs and events for all ages. We will be working on our club calendar this month and it will be available by the end of the year. Our club is more than just weights and fitness classes. It is a lifestyle and we promise to improve the offering of classes, socials and special events this coming year. If you would like to be on the social committee that we are forming in January, please let us know. Meanwhile, we hope you and your family have a wonderful Thanksgiving!



A Word from the General Manager

As we approach Phase III, we will be searching for a General Manager who can take over the day to day operations at The Paseo Club for Top Seed. We are beginning the search for a new GM now so that I can devote more energy into growing Top Seed and are looking for a candidate that has extensive experience in club / hotel management which provide a high level of customer service. As co-owner, I will still play a very active role in the development and growth of The Paseo Club and being that I live in Valencia, will still spend quite a bit of time at The Club. I am excited about where we are going and cannot wait to see the completion of our new Fitness Center.



Desi McBride

Brad Sceney has stepped down as Director of Tennis and taken the position as Head Men's Tennis Coach at Loyola Marymount University. Brad will still teach lessons at The Club so he will still be around, but will no longer be in charge of the tennis department. He did a terrific job and it will be hard to find a person who was as talented, personable, and caring as Brad was. In the interim, the pro staff and myself will split up the responsibilities. We are also in the process of interviewing candidates to fill Brad's large shoes.

Finally, I would like to welcome our newest members to The Paseo Club:

The Gammon Family, Cindy Garey, The Johnston Family, Judy Le Colst, Bob Moretti, Marie Betts, Matthew Cheng, The Gowe Family, The Hill Family, The McMahan Family, Angela Meza, The Nua Family, Janice and Kimberly Petty, The Yoo Family, The Kaufman Family, Alice Khosrav, The Battistini Family and Fosion Mogrejejo.

Please let us know if there is anything we can do to help you get involved here at The Club.

Regards,

Desi McBride
General Manager/Owner



Membership

The Paseo Club is going through a few changes, but with change comes opportunity. I would like to personally thank Brad Sceney our former Tennis Director for doing such a wonderful job these last few years! Brad has taken a job as the Head Men's Tennis Coach at Loyola Marymount University. Lucky for all of us he will remain a tennis pro at The Paseo Club and still give lessons on the weekends and in the summer.

On the membership front, we are having one of our best years with strong sales and referrals from all of our members. The membership referral program for the month of November is any member who refers a friend will receive \$50 off next month's bill! Please let our sales staff know about your friends and family members who are interested in joining!



Steve McAvoy

Thanks again for supporting The Paseo Club!

Sincerely,

Stephen McAvoy
Marketing Director and Owner



The Paseo Club's Tennis Program

Dear Members,

I am writing to report on the junior activities at the club for the fall. The after school clinic is up and running. The program is going well and the level of the junior players is continuously improving. The participation is excellent but we are always looking for more keen juniors that want to get involved in the program.

Things have been very hectic with the juniors program in the past few weeks. I have been working on the developing and rebuilding of the program which takes time and patience. Going forward in the Fall, a lot of my time will be dedicated toward to the rebuilding of the program.

I will keep you all posted on that going forward. On a different note, in the next few weeks I will be taking a group of The Paseo Club juniors to Ojai for a VCJTA tournament which is going to be a lot of fun. Wish us all luck.

That is all for now on the recap of events and the progress of our program. If you have any questions, don't hesitate to call me at the club or contact me via email bjorn_farrugia@hotmail.com. Thanks for your time and I wish you the best both on and off the court.

Bjorn Farrugia,
Director of Junior Development



Bjorn Farrugia



Health & Fitness Center

Doing Crunches to Flatten Your Belly? Think Again!

Happy Thanksgiving! This month, I'd like to wish each member of our valued Paseo Club family a very blessed and safe Thanksgiving. It's only fitting that I also give thanks for allowing us, in the Fitness Department, the privilege of serving and working with you.

It's truly a blessing coming into work knowing that my job is to serve and have a blast with some of the best people around. Thank you!

Now here's a question: do you have a little extra "bulk" on your belly you'd like to get rid of? Many of us do! I find that most people, in addressing this issue, spend much of their time on the floor doing crunches and sit-ups. It, of course, seems like the logical approach. After all, you can actually feel the burning sensation in your abdominals right where that extra fat is, right? Well, not exactly.

The burning sensation you feel is actually occurring in the "washboard abs" that you already have—yes, you already



Jason McClure

have them! It turns out that everybody has washboard abs, which is just the front abdominal muscle and the tendonous insertions which divide it into eight sections (commonly referred to as a "six-pack," but actually an eight-pack). The real issue doesn't have too much to do with the washboard, it has to do with whether the view of the washboard is obstructed by body fat or not. So, going back to the conventional approach, sit-ups and crunches will strengthen the underlying abdominal muscles, but they have no direct effect upon the fat surrounding those muscles. In other words, if you're trying to lose your gut, don't waste your time on excessive amounts of abdominal exercises because they don't work. So what should you do?

We'll explore what your gym time should be focused on in order to effectively reduce that belly in next month's Paseo Newsletter. In the meantime, enjoy your turkey, and can the excessive crunch routines (hint: boost the intensity instead). Happy Thanksgiving!

Health & Blessings,
Jason McClure,
Director of Fitness
jmclure@thepaseoclub.com

The Paseo Club *"Bringing the Family Together"*



Employee Spotlight

Katy Sceney is our employee spotlight for the month of November! Katy is one of our top coaches at the club and once again is having a baby but still teaches her lessons. Katy began her tennis career at



Top Seed Calabasas with Desi McBride as her coach. She and her twin sister played at the University of Portland for four years. She has developed into an awesome coach that brings tons of energy to every lesson (even while pregnant)!

Member Spotlight

Lisa Balmain is our member spotlight for the month of November. Lisa has been a member since the beginning of the club and remains extremely involved with all aspects of the club. She plays at a very high level and is an integral part of the women's 4.5 USTA team. Lisa also works out and comes to almost all of the events, socials and tournaments. Once again, thank you for supporting The Paseo Club!

